



Got class?

Pregnancy Help Center of Williamson County Class Catalog

Childcare is not provided. You may bring your baby under six months old with you. Please make other arrangements for any child over six months old.

Pregnancy Help Center hours are Mon 9-4, Tues 11-6, Wed 9-4 and Thurs 9-2.

Please call 512-868-0153 to schedule a class time that is most convenient for you.

All classes are subject to change without notice.

Earn while you learn

We are excited to offer 30 points for every hour of class.
If you come with your baby's daddy, you will receive double points!

Alcohol & Your Pregnancy

Do you and or your partner drink on a regular basis? Is consuming alcohol part of your day to day lifestyle? Do you drink socially on rare occasion? Either way, drinking while pregnant poses serious risks. If you or your loved one is using alcohol, learn about the developmental and emotional effects alcohol has on your child. English and Spanish. Video based.

Breastfeeding (to be taken during the last two months of pregnancy)

Breastfeeding is simple, but it's not always easy. This is a powerful program that teaches you exactly what you need to know in order to have the knowledge and confidence to successfully breastfeed your baby. Learn current and practical ways you've never seen before, all tailored for the modern mom. Be inspired and empowered to reach your breastfeeding goals. English and Spanish. Video based.

Childhood Nutrition

What and how we feed our children matters, and instilling healthy eating habits early in childhood can help prevent obesity later in life. This class provides parents with the tools they need to make the best nutritional choices for infants, starting at birth. Discusses the benefits of breastfeeding, age-appropriate foods, food allergies, food safety and tips for eating together as a family. English and Spanish. Video based.

First Year Milestones

Learn what happens from month to month in your baby's development. Session 1 covers newborn-6 months, and Session 2 covers 7-12months. 2 sessions. Video based.

Happiest Baby on the Block

Want to learn new, excited and effective ways to soothe your baby? Take a look at this hit video that teaches new parents powerful tools to having a calm, happy, and sound asleep baby. Everyone loves this class. Video based.

Happiest Toddler on the Block

This class teaches a revolutionary new way to boost your toddler's patience and cooperation. Learn how to calm outbursts, stope tantrums before they happen and build loving and respectful relationships to last a lifetime. English and Spanish. Video based.

How to Raise Emotionally Healthy Children

Based on the book, *How to Raise Emotionally Healthy Children*, this three session class teaches parents how to nourish their baby's emotional health right from the start. Featuring common challenges, this class shows parents how to modify their interactions to meet their child's critical emotional needs to feel respected, important, accepted, included and secure. Session 1 covers Babies, Session 2 covers Toddlers and Session 3 covers Pre-Schoolers. English and Spanish. Video based.

Infant and Toddler Emergency First Aid

Learn what to do if your child has an accident. This class covers the most common childhood accidents: cuts, fractures, burns, eye injuries and more. English and Spanish. Video based.

Infant Massage and Development

Show your baby love, affection and a sense of calm, resulting from infant massage. This class teaches parents proper massage for infants. Video based.

In the Womb

From the moment of conception, every human embryo embarks on an incredible journey of development. Now, cutting edge technology makes it possible to open a window into the hidden world of the fetus and explore each trimester in amazing detail. Revolutionary 3-D and 4-D ultrasound imagery sheds light on the delicate, never-before seen world of a growing baby. Video based.

Money Matters

Have a hard time making ends meet? Don't know how to start budgeting your finances? Take this two part course in taking charge of your funds. Feel liberated, and even have the ability to treat yourself with the money you've saved. Instructed.

Newborn Care

New parents get lots of advice. This class helps to ensure that you are getting the right information. Comprehensive guidelines and recommendations to teach parents the essentials of newborn care (the first six weeks) and the very latest information regarding infant health and safety. English and Spanish. Video based.

New Mommy and Baby Care

Covering the first two weeks postpartum, this program helps ensure the continued health and well-being of mother and baby as they make the transition from hospital to home. Featuring a diverse cast of real families, this program concisely presents essential discharge information that every parent needs to know. English and Spanish. Video based.

Nutrition

Domestically challenged? Learn how to master the kitchen with simple tips, grocery ideas & delicious recipes. If you want to teach your children healthy eating habits, these video selections are for you. English and Spanish. Video based.

Parenting Basics - Birth to 6 months

This course includes parenting health and safety, nutrition, play and milestones, and self-care for mamas of babies newborn to six months old. Learn simple and proven ways to keep your new baby healthy and safe, how to instill healthy eating habits, how to recognize babies developmental milestones and nurture them through play, and the importance of physical and emotional self-care of mothers of new babies. English and Spanish. Video based.

Parenting Basics – 7-12 months

This course includes parenting health and safety, nutrition, play and milestones, and self-care for mamas of babies 7-12 months old. Learn simple and proven ways to keep your new baby healthy and safe, how to instill healthy eating habits, how to recognize babies developmental milestones and nurture them through play, and the importance of physical and emotional self-care for mamas. English and Spanish. Video based.

Parenting Basics – One year olds

This course includes parenting health and safety, nutrition and play and milestones for one year olds. Learn simple and proven ways to keep your one year old healthy and safe, how to instill healthy eating habits, and how to recognize your one year old's developmental milestones and nurture them through play. English. Video based.

Parenting God's Way (Spiritual)

Don't let his dorky sweater fool you, this man is funny. Listen to valuable insight on being a quality parent, maintaining high standards, and giving your child moral courage. Take part in this 7-session parenting class. It's never too late to become a better parent. Video based.

Preterm Labor

Reduce your risks and learn the signs of preterm labor. Learn why preterm labor is a concern, which women are at highest risk, and what the warning signs are. English and Spanish. Video based.

Safe Baby

Want to learn the 7 steps to reduce the risk of SIDS and tips for preventing Shaken Baby Syndrome? This class will cover current safety guidelines and why babies cry, identify frustration thresholds, and provide tips on how to cope with infant crying. It will provide parents with a plan to help avoid a preventable injury. English and Spanish. Video based.

Safety Starts at Home

Learn proven childproofing techniques and accident-prevention strategies. Topics include choking, suffocation and strangulation, poison control, burn hazards, drowning prevention, fall prevention, fire safety and preparing for emergencies. English and Spanish. Video based.

Signing with baby

As babies grow, their eye-hand coordination begins to improve as their ability to interact with their surroundings blossoms. It's the perfect time for this course - a playful introduction to 20 common words and phrases from a baby's world—including "mommy," "daddy," and "I love you" both spoken and in sign language. Interact with you baby on a whole new level! Video based.

Stages of Labor

Watch a stunning 3D video animation of a baby inside its mother's womb and follow a remarkable journey through all four stages of labor. This class will familiarize parents with the sights and sounds of labor while explaining the mechanics of it, thereby reducing fears and increasing the feeling of preparedness. English and Spanish. Video based.

Stop Smoking

Do you have a bad habit you can't shake? Get informed of the risks and statistics involved with smoking while pregnant, and practical ways to quit. Video based.

Super Sibling

Combining essential information with humor kids love, this class helps teach young children positive sibling skills. Children will gain the knowledge they need to become the best big brother and sisters they can be. Intended for parent(s) and children to attend together. Video based.

Understanding Pregnancy

This class presents the latest research-based prenatal care recommendations for having a healthy pregnancy. Learn about healthy habits and partner involvement, all while stressing the importance of good prenatal health. Topics include: Fetal Development, Medical Care, Nutrition, Exercise, Discomforts, Hazards and Emotions. English and Spanish. Video based.